

BBQ Pork Sandwich

Ingredients

- 4 tbsp ketchup, low sodium
- 4 tbsp apple cider vinegar
- 1 tsp yellow mustard
- 1/4 tsp onion powder
- 1 tbsp light brown sugar, packed
- 1/4 tsp celery seed
- 1 dash black pepper
- 1 tbsp water
- 2-1/2 tsp cornstarch
- 1/2 pork shreds
- 2 each, whole grain bread buns, 2 oz

Notes

Number of Portions: 4

Serving Size: 1/2 sandwich

Nutrition Facts: 151 calories, 2.59 g fat, 0.72 g saturated fat, 280 mg sodium, 19.65 g carbohydrate, 1.58 g fiber, 2.2 g sugar, 12.10 g protein

Directions

1. On stove top in a large pot on medium heat, combine ketchup, vinegar, mustard, onion powder, brown sugar, celery seed, and black pepper. Heat to almost a boil.
2. Combine water and cornstarch to form a slurry, stir until combined. Add to simmering sauce mixture stirring constantly, until mixture thickens.
3. Place pork in serving pan and pour in BBQ sauce, stir until fully incorporated. Cover with foil and place in a 350°F oven for 45 minutes or until internal temperature reaches 165°F.
4. To serve, place 3 ounces on warmed bun.